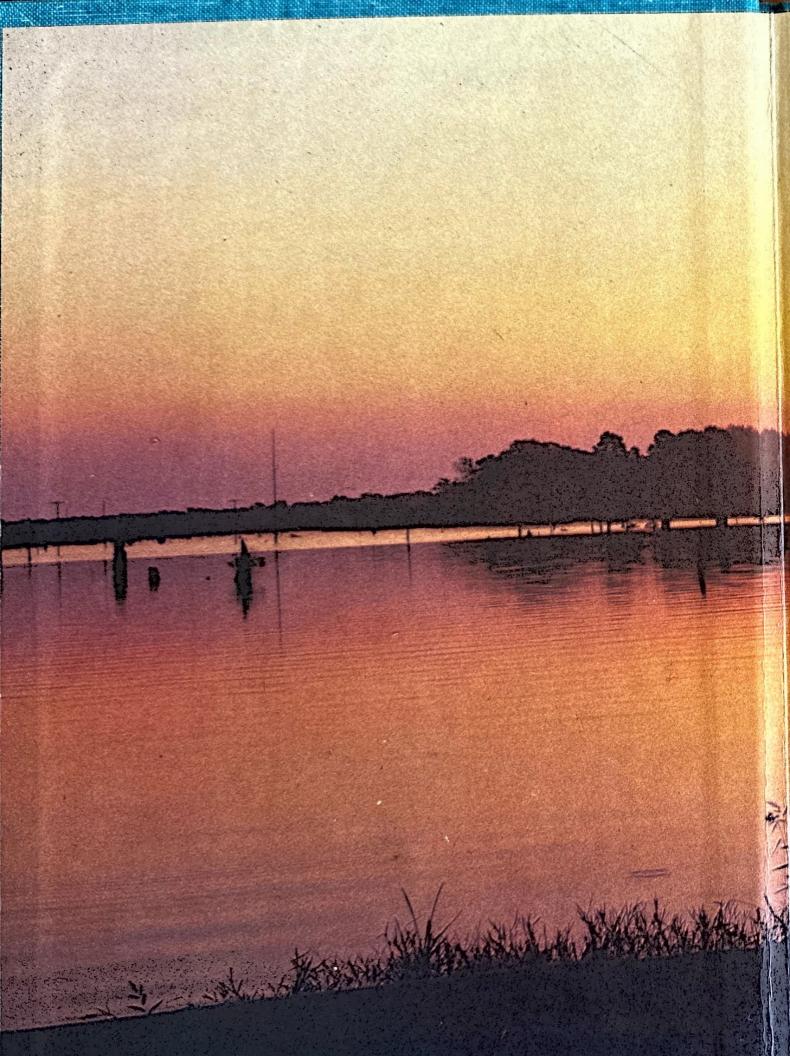
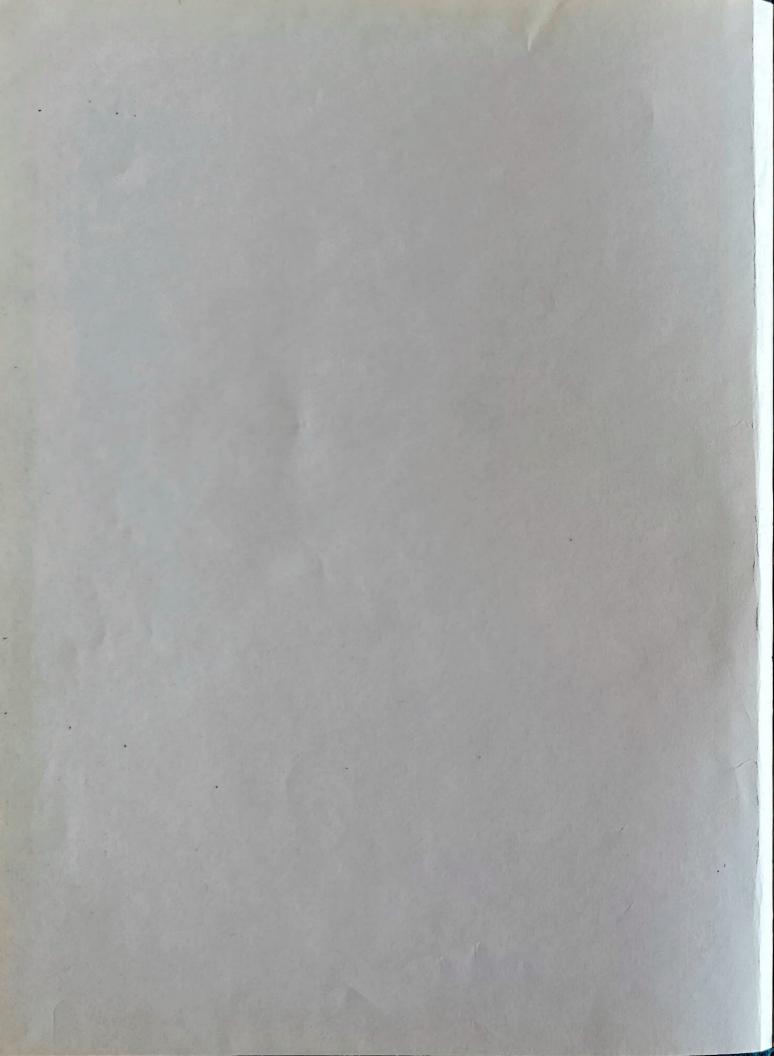


**ETCHINGS** 

75 = 75







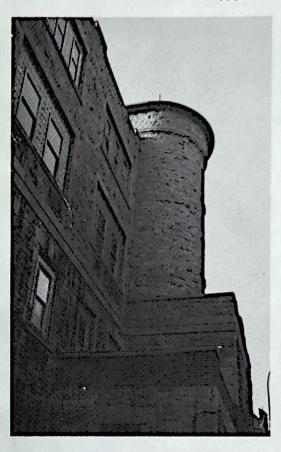
# Convent of the Sacred Heart

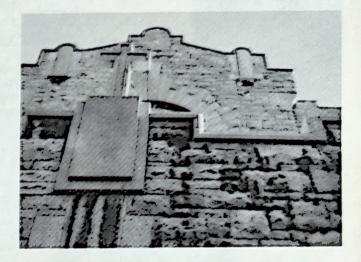
373.05(m)

3635 Atwater Avenue

1974-75

### Montreal Quebec

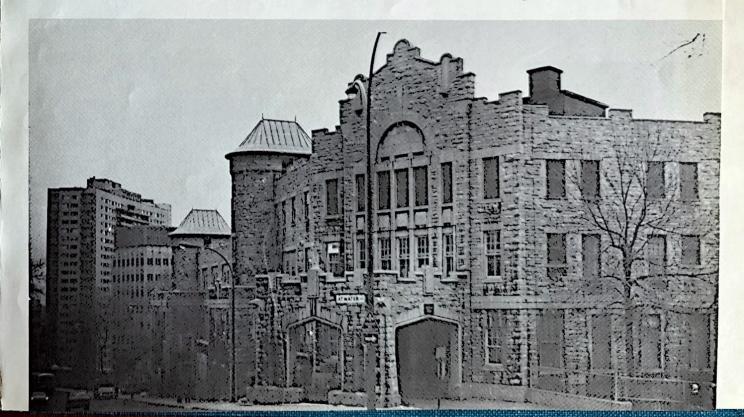




Where go the years?
But moments fleet, uncertain,
That swiftly speed and disappear
From mortal view?

Where go the years?
To seek the darkness and to hide
Within the dust of old hall clocks?
Or ride forgotten moonbeams
To the sky?

Phyllis Heidenreich



# Our Heads



Congratulations to the Class of 1975 convey our prayerful wishes for the future. May you be

-women who have FAITH in the value of each human being.

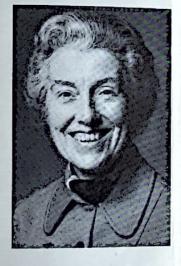
-women whose HOPE drives you to help build a more just, more tolerant and kind world.

-women who are peacemakers, because LOVE is the motive force in your lives.

Sister J. McCarthy, R.S.C.J.

I wish you the tribulations of a pilgrim committed to carrying a message of love and trust and finally the reward and rest of the pilgrim when faith and hope are changed into vision and fruition.

M. Johnson, R.S.C.J.





All my very best wishes to the class of '75.

In years to come, when you think of the Sacred Heart, what will come to your mind? Will it be your classmates, your teachers, the prefects in their yellow blouses, the Study Hall, gouter, detente, sports tabloids, the House system, Mathematics classes, special feast days, the day-to-day routine, the various school rules, many little things, a few really big events, or what? Whatever it is, I hope it will be 'Joyful'.

Remember that life is like a game of golf. As you tee off on Graduation Day, play as well as you can, stay out of the sand bunkers, keep in the center of the fairway and as the game progresses, you will be pleased with your score. You may not always win, but if you keep trying, you will bring home some very lovely and precious trophies.

C. B. Joy, Director of Studies.





Mrs. Vezeau, former mistress of Studies, on a visit from Vancouver.



Mrs. Allen French and Spanish



Soeur Archambault French



Mrs. Berger School Secretary



Mrs. B. Cochrane English and Drama



Mrs. Church



Miss de Mello English



Mrs. di Pietro Mathematics



Mrs. Filipovich History



Miss Frenkel Religion



Mrs. Gray Music



Mme. Habachi French



Soeur Hachette French



Mrs. Hammond Portress



Mrs. Higgins Secretary



Miss Joy Religion



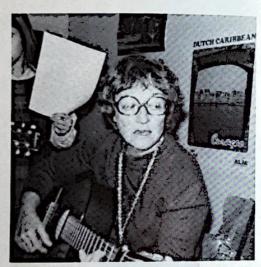
Mrs. Kotrly Guidance Counsellor



Miss Khouzam Mathematics



Mme. Lahaye French



"Okay peoples, one, two, three,...sing!!!"



Mrs. Lantos Geography, History



Miss LaRocque Biology



Mme. Laskowsky French and German



Mrs. Lewis Physical Science



Mrs. MacDonald History



Miss McGill Geography



Mrs. Miller Secretary



Miss Moukhin The Sciences



Sister Murphy English



Miss Osgood Mathematics



Mrs. Phillips Librarian





Mr. Primeau Business Manager



Mrs. Reid English



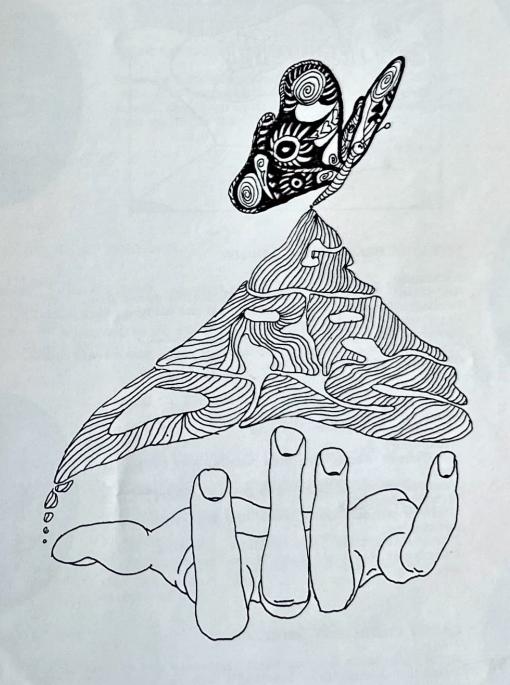
Mrs. Robinson Accountant



Mrs. Watson Physical Education



Mrs. Wood Chemistry





#### TRUDY BARNARD STUART

Nickname: Barnie, Trude. Ambition: Game preserver.

Probable Destination: To marry a person from the game reserve. Pet Peeve: Someone pilfering my food (right A.G., Gladys?) Favorite Saying: "Hold your horses."

Favorite Pastime: Reading.







#### NATASHA BLOOMBERG DIGBY

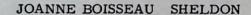
Nickname: Tush, Bum, etc...

Ambition: To direct Debbie de Waltoff's porno film.

Probable Destination: Watching all the dirty movies (Ch. 2)

Pet Peeve: Lise's retainer.
Favorite Saying: "You big dink."
Claim to Fame: Being late, bad spelling, and sweaty hands.

Cherished Memory: Friesen's Rug '71.



Nickname: Jo.

Pet Peeve: Jeans that turn purple, and crew

Favorite Saying: "Have you got any food, Sally?"
"It's Friday!"

Claim to Fame: Grey socks that roll down to

her ankles.

Favorite Pastime: Riding bikes, sleeping. Cherished Memory: Elton John Concert, June

20, 1975.





#### CATHY CHARLAND SHELDON

Ambition: Marrying the most handsome and richest man.

Probable Destination: Starting a "Charm school."

Pet Peeve: Gorfs.

Favorite Pastime: Planning whom to sit with on the train and how to go

about it.

Claim to Fame: Spongey curlers.

#### ESTELLE CLEARY DU ROUSIER

Ambition: Child Psychologist.

Pet Peeve: Being called Stella, dirty glasses in restaurants Claim to Fame: Having the sexiest hips in the whole school.

Favorite Saying: "Wait, I just gotta brush my hair.

Cherished Memory: Surprise party, Paris '74, friendships, Jamaica.



#### JULIE CONNER DU ROUSIER

Braving hardships and obstacles is nobler than retreat to tranquility. The butterfly that hovers around the lamp until it dies is more admirable than the mole that lives in a dark tunnel.

K. Gibran



#### MAUREEN CONNOLLY SHELDON

Nickname: Mo.. Favorite Saying: "I need a drink- so what else is new?" "Shut up P."
"Oh yeah Friday."

Favorite Pastime: Censored.

Claim to Fame: Getting in trouble six times a day, and the portable cos-

metic counter in her purse.



#### SALLY CUTHBERTSON HARDEY

Ambition: First woman Prime Minister of Canada.

Probable Destination: Vice President of the

Mother's Guild.

Likes: People who give me their cream to

drink at Seaforth.

Dislikes: Being called Sandy at S.H.S. parties,

and phony people.
Favorite Saying: "Forget it I know he Won't

call.

Claim to Fame: Little heart attacks, bringing

food for Joanne, being the only one with 3

sisters at S.H.



Ambition: Physiotherapist.

Probable Destination: Rubbing absorbene senior into Teddy.

Pet Peeve: School.

Favorite Pastime: Horses, horses, horses.

Prototype: Jolly Green Giant.

Claim to Fame: Missing school to go to horse sales.

Cherished Memory: July '74 Ashcroft, B.C.







#### ANDREA DE ROME DUCHESNE

Ambition: Nuclear Physicist..

Probable Destination: Cleaning test tubes at Sacred Heart.

Pet Peeves: Homework, goofing physics labs, mushy apples in the fruit

Likes: Mail, horses, music, food and snow.

Favorite Saying: "Did you get the chemistry, Karen?"

#### DEBBIE DE WALTOFF BARAT

Ambition: To paint a picture of a Heinz jug o' ketchup bottle, sell it for 50 grand, go on the Johnny Carson Show, say "hi" to Lise then make 10 million on giant size replicas of Duz boxes, then write a porno movie and rake in all the dough.

Probable Destination: Creedmoor Asylum for

the criminally insane.

Claim to Fame: Hamburger sandwiches, car-

pet bag, New York accent.

Pet Peeve: You name it I dislike it.





#### EMY EVERARD STUART

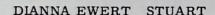
Ambition: Teaching little children.

Probable Destination: Babysitting the teacher's children.

Pet Peeve: Being asked what her name is short for.. Favorite Saying: "Sorry to bother you, but...

Favorite Pastime: Piano, ballet, eating ice cream.

Claim to Fame: Eating 6 raspberry ice creams and still hungry.



Ambition: To get out of school, skate, and get

married.

Probable Destination: Teaching at S.H. Prototype: Dianna in Anne of Green Gables. Pet Peeve: Not being able to get good tickets

at the forum.

Favorite Pastime: Skating and chasing guys. Claim to Fame: Her laugh, skating, red hair.

Cherished Memory: November 17,





#### JOANNA FLETCHER TRINCANO

Nickname: Babyface, Jo-Weeny. Ambition: Psychiatrist..

Probable Destination: Patient.

Pet Peeve:. Being caught for first offences.

Likes: The canal, breaking and entering, Shawn Phillips, and Steve. Favorite Saying: "Hang tough!"

Claim to Fame: Food coloring on face at Halloween, the Quick Crocheting

Company.

### CHRISTINE GEOFFRION DUCHESNE

Ambition: Professional con artist. Probable Destination: Politician.

Favorite Pastime: Pretending to be good as a prefect, while instigating

student revolts.

Claim to Fame: Incorrigible spelling, and "colorful language." Pet Peeve: Being on the defensive and losing an argument.



#### CARMEN GIL ESTABAN DIGBY

Nickname: Car.

Ambition: Veterinarian.

Probable Destination: Stable bum.

Pet Peeve: Having stale bread for lunch. Favorite Saying: "You're kidding!"

Likes: Horses, horses, and more horses. Dislikes: Getting up Monday, Tuesday, Wednesday, Thursday and Friday mornings.

Claim to Fame: Never studying for tests and

always beating Kathryn.

Cherished Memory: September 18, 1972.



#### ANNE GRADEK DIGBY

Nickname: Gladys.

Ambition: To take over her dad's business.

Probable Destination: Being Mistress of Sacred Heart Dorm.

Likes: Sophie's lunch, getting lots of letters from a certain party, and

good old rock and roll dances.

Pet Peeve: No mail, and Sophie forgetting her lunch.

Cherished Memory: Paris '74 (St. Raphael), Stanstead Nov. 2, '74.





#### GAIL GROLIMOND HARDEY

Ambition: Teaching Special Education.

Probable Destination: Being "specially treated." Pet Peeve: Double Geography periods, and

waking up in the morning.

Likes: Health food, school being cancelled on

a stormy day.

Favorite Saying: "Really?"

Prototpye: Pillsbury Doughgirl.



#### KATHRYN GUTKOWSKI BARAT

Ambition: Animal Psychologist. Probable Destination: Zoo Keeper.

Nickname: Guts.

Pet Peeve: Liz and Carmen talking Spanish and Carmen getting a higher mark than Liz when she didn't study.

Cherished Memory: The day I finally had my braces off.



#### BARBARA HANLEY HARDEY

#### KATHY HANNON TRINCANO

Nickname: Herm.

Ambition: Trying out something new.

Professional Mailman. Professional Mainman. Pet Peeve: Moose constantly tripping me, fish

lunches on Friday.
Favorite Saying: "Write that down" "Hey boy!"
"OK (sigh)...

Claim to Fame: Being the funniest kid with the nuttiest jokes. Being the only golf fanatic in

Cherished Memory: November, 1971, (the

breeze), Summer 1974.





#### KATHY HILL SHELDON

Nickname: Pooh.

Ambition: Oceanographer.

Probable Destination: Captain of the Sacred Heart Bowling Team.

Pet Peeve: Inconsiderate people.

Likes: Dancing.

Favorite Saying: "You know..it was a joke and a half."

Claim to Fame: Being able to laugh after 12 AM.

#### GERRY HOFFMAN DIGBY

Nickname: Ger. Ambition: Lawyer.

Probable Destination: Donning her white trench-

coat and escaping the underworld with secret

agent Maxwell Smart.

Pet Peeve: People talking about her. Favorite Saying: "Hey stupid...!" Claim to Fame: Penetrating laughter and choc-

olate bars.

Cherished Memory: My surprise party.



Ambition: Teaching up north.

Probable Destination: Teaching penguins history on an iceberg.

Pet Peeve: Being called Annie, and school food.

Likes: Music (piano), thinking up jokes, talking and moaning about anything

under the sun.

Favorite Saying: "People in glass houses shouldn't throw stones."

Claim to Fame: Losing belts, her laugh, and her sayings.





#### SUSAN JOHNSON SHELDON

Ambition: To travel across every inch of the world.

Probable Destination: Marrying and settling down in Berthierville for the

rest of her life.

Pet Peeve: LP. picking up after her.

Likes: Talking to herself, Saturday night babysitting.

Cherished Memory: Those sleepless nights in Paris, Elton John.



#### MARNIE KEEFER BARAT

Nickname: Tigs, Mervin, Sophie, Marn. Ambition: To satisfy Gladys's stomach..

Probable Destination: Starving.

Pet Peeve: Physics labs, a hungry Gladys. Likes: Travelling, tapestries, straight jeans,

mail, and good lunches.

Cherished Memory: June 22, 1975...



#### GENEVIEVE KIERANS DU ROUSIER

Ambition: Writer.

Probable Destination: Writing obituaries for a suburban newspaper.

Likes: Reading, writing, ballet, piano playing and painting.
Favorite Saying: "Emy, what did you get on your test?"
Claim to Fame: Long hair, the only person to sprain both an ankle and a

finger on the night of the first date.



#### KAREN KOST BARAT

And the drops kept falling, Screened through an invincible filter, Looking insecure, alone, and ripped from identity.

But each drop was the same, Flattened by the cold stainless steel, Running inescapably to a common darkness of insignificance...

Karen Kost



#### LISE LAREAU TRINCANO

Nickname: Leroy. Ambition: Journalist.

Probable Destination: Writing Murray Wilson's biography.

Pet Peeve: Being called Laroo. Favorite Saying: "Did you see Johnny Carson last night?"

Likes: Getting away with not paying on the train. Cherished Memory: Paris '74, Friesen's rug '71.





#### SUSAN LE CLAIR DIGBY

Prototype: Minny Mouse. Favorite Saying: "The book has a wrong answer Miss Joy." Pet Peeve: Teachers that don't listen to you, short pants. Favorite Pastime: Seaforth, the Forum, and sleeping. Claim to Fame: Being able to eat but never gain weight. Cherished Memory: Elton John Concert, Spain '72.

#### CATRIONA MACAULEY DU ROUSIER

Nickname: Tina or Cat.

Ambition: Conversationalist.

Probable Destination: Professional conversat-

Prototype: Me and myself.

Pet Peeve: Being called Cat-tri-ona. Favorite Saying: "I don't know." Favorite Pastime: Reading, talking and skiing.

Claim to Fame: Her red hair. Cherished Memory: Summer of '73.



#### BETTY MACINTOSH HARDEY

Ambition: Politician.

Probable Destination: Becoming mayor of Lismore, N.S. Pet Peeve: People cracking their knuckles, setting up chairs. Favorite Saying: "That was the joke of the year..."

Claim to Fame: Giving Mrs. Wood a nervous breakdown with her endless

hysterical laughter.

Cherished Memory: Robert and the punch bowl at Monica's party.

#### MONICA MACISAAC DIGBY

Ambition: Wildlife biologist.

Probable Destination: Swinging from vine to

Favorite Saying: "I was so put off."

Pet Peeve: Winter snowfalls, and summer in

the mountains.

Comment: "The wilderness needs no defence.

It only needs more defenders. We shall never understand the natural environment until we see it not as just so much air, water, and real estate, but as

a living organism.





Paul Brooks

#### MARILYNNE MADIGAN HARDEY

Ambition: To tour the world.

Probable Destination: Tour guide at the UN.

Pet Peeve: Paying 35 cents on bus, wearing 2 different colored school

socks, and gossipers.

Claim to Fame: Always brushing her hair, one of the blondes.

Likes: Weekends, skiing, and the opposite sex.

Weakness: Thinks she owns her mother's car, using the phone.

#### PERRI ANN MALOUR HARDEY

Nickname: Per, Magou.

Ambition: Fashion designer, and tennis pro.

Probable Destination: Being ball girl.

Likes: Parties, music, sports.

Dislikes: Being late, homework, and Monday mornings. Activities: Skiing, Tennis, and horseback riding.



#### LINDA MARCH DUCHESNE

Ambition: To become a world famous biologist,

and find a cure for Cancer.

Probable Destination: To become a world famous biologist and find a cure for Halitosis.

Pet Peeve: Homework!

Prototype: She's one of a kind! Favourite Expression: "I wanna go home!" Claim to Fame: National Enquirer Freak.

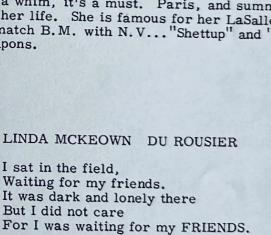


#### MONIQUE MCCRACKEN DUCHESNE

Living, cats, and L. B's house turn her on. People plucking eyebrows in vicinity of M.M. and open windows at night turn her off. To be Canada's first female P. M. is not a whim, it's a must. Paris, and summers are some of the highlights of her life. She is famous for her LaSalle friends and is forever trying to match B.M. with N.V... "Shettup" and "Get autta here" are her verbal weapons.

I sat in the field,

But I did not care



Anonymous



### MARY JILL MILNE TRINCANO

I sat on some sand, beside the sea Backside on sand, beside the sea Spiralled a rock, I hit the sea The sea sat up, and spat on me!







#### MARIE-LOUISE NOVOTNY BARAT

Ambition: Translator.

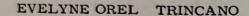
Probable Destination: Being Mother Johnson's interpreter.

Pet Peeve: Phone ringing and it's not for her.

Likes: Stowe's Austrian ski instructors.

Prototype: Raquel Welch. Claim to Fame: Her figure.

Cherished Memory: Mrs. Vezeau's history classes.



Nickname: Evi.

Ambition: Getting a motorcycle with a black

leather jacket and a shazzy helmet.

Probable Destination: Riding a putt-putt. Pet Peeve: Being called Eeevelyne, hunks on

Favorite Saying: "I'm goinnk to suck your blood,

bleh." "Yes darrlink.

Claim to Fame: Guitar playing, food, thoughts

and musk.

Cherished Memory: Life.



#### LINDA PATENAUDE SHELDON

Favorite Saying: "Do you want to see a picture of my B?" "Shutup Mo!" Favorite Pastime: Being with her B!

Dislikes: Spiders, and people who don't know who her "B" is!

Claim to Fame: Showing everyone a picture of her B! and getting in trouble 6 times a day with Mo.

#### LINDA POMPA STUART

Ambition: Figuring out her ambition.

Probable Destination: A permanent CEGEP

Pet Peeve: People sneaking up on me to tickle

me, lugging her suitcase.

Favorite Saying: "Attends une minute!" "You

guys, come on.

Claim to Fame: Cleaning up after her roomate.

Cherished Memory: Raiding the kitchen.



#### DENISE POPE DIGRY

"Long live the good memories, the bad memories can..." P.E. right Ellyn?

To Donna and Lesley: "Have more farout weekends."
Ellyn: "We made it!"
Jo: "I won't forget the French mints."



#### LUCE PROPHETE DU ROUSIER

Nickname: Moose.

Ambition: Professional dancer.

Probable Destination: To marry Pierre and dance the night away.

Pet Peeve: People who don't have jokes. Favorite Saying: "Kathy do you have a joke?"



#### TAMAR QUANTZ DUCHESNE

Nickname: Tammy, Tam. Favorite Saying: "Do you know what happened.."

"My name is Tamar but everyone calls me Tammy.

Likes: Riding, skiing, spreading rumors, R

and P, and J.M. Dislikes: "Pak."

Claim to Fame: Big Mouth.

Cherished Memory: Jumping up and down at

the Elton John Concert with Sandra.



#### LYNDA SCHIPPER STUART

Ambition: To get a good night's sleep, and to lose 50 pounds.

Probable Destination: A nervous wreck.

Pet Peeve: Being asked to lengthen her tunics.

Likes: Shawn Phillips, chicken, the canal, the Labyrinth.

Favorite Saying: Hang tough, keep a tight bottom.

Nickname: Ship-wreck. Claim to Fame: Shawn Phillips records.



### PRISCILLA MICHIKO SHIBATA STUART



it was a hall of a different sortthe only flames were heaps of coal on my head and blasts of wind licking at my legs at the bus stop- the demons were my friends and henchmenthe penances were my fruitful years spent drowning in the river Styx of books and learning the devil is my regret over learning this hell of a different sort.

#### DINA TARDI TRINCANO

Nickname: Dino, Sunshine.

Ambition: President of Atomic Slipper. Probable Destination: Shoe Shiner.

Pet Peeve: Getting 50 in Math.

Likes: People, sun, beaches, skiing, Italian food and wine.

Claim to Fame: A smile with only one dimple, and being an Italian with

blonde hair.





#### SANDRA VINCELLI DUCHESNE

Ambition: Social psychologist.

Probable Destination: Ending up on welfare.

Likes: Hitting S. H. parties with Sally, getting dressed up.
Favorite Saying: "What do you want from me already. "Right Sal?" Claim to Fame: Her strawberry shampoo, loudest voice in the class.

smiling, The Great Italian.

Cherished Memory: Summer '74, Elton John Concert.

#### ANDREA WELSCH DU ROUSIER.

Nickname: And.

Ambition: Psychologist.

Probable Destination: Counselling Cat Stevens. Favorite Saying: "What a hunk!" "It kills me.."

Pet Peeve: Wearing her uniform in LaSalle. Likes: Running around Montreal trying to get

singers' autographs.

Claim to Fame: Her thoughtfulness, and watch-

ing hunks on motorcycles.

Cherished Memory: Getting autographs of Cat

Stevens, Shawn Phillips, and America.





#### ELIZABETH WILSON TRINCANO

Favorite Saying: What are we doing this weekend? Are you mad?

Likes: Riding, skiing, travelling.

Dislikes: Fingernails scratching on the blackboard and walking home in snowstorms with school shoes, a fall coat and no pants, eh Kathy and

Perri?

Pet Peeve: Perri calling me a Pepsi.

#### ELLYN WORKMAN HARDEY

To whom it may concern:

Quote: If absence makes the heart grow fonder,

why do I still dislike school?

I have finally finished my book, this is the last

To Sue: I.O.U. one onion soup au gratin, one basket of bread with exactly two slabs of butter. To Kish: "Kishfy's Chinese Food" it was fun!

To Les: Thanks, Mr. & Mrs. D. Barnes.

To Alice: Well, we finally made it. Now what?





DERGRA

### Secondary IVA



TOP ROW, Left to Right: A. Cook, D. Soroka, M. Bucchi, C. Fagan, L. Parker, H. Stiefenhofer, A. Landry, G. O'Riley, D. Binette. MIDDLE ROW: K. Lunan, H. De Rome, J. Gibson, J. Spooner, K. Finlay, J. Paff, T. Vaupshas, M. Lincourt. BOTTOM ROW: R-L. Lovell, C. Savard, G. Trudel, M. Kumazawa, C. Hayward, P. Boivin, J. Blais, M. H. Nguyenthi.

Binette and Boivin having a fight Teacher comes in-man, what a sight! Bucchi and Blais, out on the ledge Give 'em a shove, and they land in

the hedge.

Cooke and De Rome don't understand
Think they'll quit and join a band.
Fagan and Finlay - spitballs away!
Won't be back for a couple more days.
Gibson and Hayward sit apart
Put 'em together, trouble will start!
Landry and Lincourt, fluently French,
Throw 'em a punch line, they'll think
its a wrench!

Lovell and Lunan both on cloud nine Trying to get over last night's wine. Nguyenthi and Paff working away Trying to finish homework before the next day.

O'Riley and Parker, an impossible pair,

Nothing but homework do they share. Savard and Soroka, climbing the rope-Swung a little low, and knocked down the pope.

Spooner and Stiefenhofer skipped out

Sneaking upstairs to call dear Tim.
Trudel and Vaupshas are making

passes
To our "sweet" janitors, right after
classes

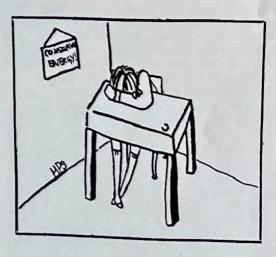
From this wild class-chuckles arise Every day another surprise!!

## Secondary IVB



TOP ROW, Left to Right: S. Gagnon, K. Ochman, T. Riley, L. Spénard, S. Patterson, T. Pansieri, M. Gonzalez, G. Privé. SECOND ROW: S. MacLeod, D. Anetter, M. Holloway, A. Petersen. THIRD ROW: A. Turner, C. Larocque, K. Schissler, B. Trueman, D. Kishfy, C. Brown, S. Gravel, C. Letourneau. BOTTOM ROW: C. Burke, S. Dean, L. Cormier, W. O'Donnell, L-A. Burton.







## Secondary IVC



With Cindy, the class average is raised. The classroom is messy, Christine gets the praise

Linda is a math whiz and so is Jenny,
While Lyse wipes up in writing Kennings
While Politi is always gallanting around
Potter and chair falls loudly to the ground.
Carry, in the back constantly whispering
Keeps Marci sitting around listening.
Wendy Wanner's perpetual eating
Makes Purity's heart start a-beating.
Susan, in the corner, making a buzz
Always cracks up Boom Boom LaFuzz.
Lesley terrorizes the class with Elaine
And the "angel" that is blamed is poor
little Jane

Julie's attitude sings a sad tune Until Solange and Holly's laughter breaks the gloom.

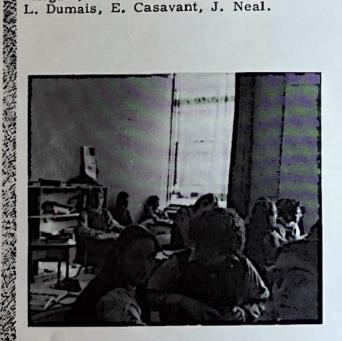
Casavant and Brigit making a bet On the usual late entry of Ginette. Farewell to Finny who's gone back West. We wish her good luck and all the best! TOP ROW, Left to Right: M. Thompson, L. MacDonald, K. Potter, S. Larocque, C. Dobbrow, B. Politi, E. Coronetopoulos, C. Kruitwagen, F. Trent.

MIDDLE ROW: M. Everard, J. Kearns, W. Wanner, E. Redler, S. MacLeod, L. Ryan, S. Masson, H. Haimerl

Haimerl.

BOTTOM ROW: G. Gauthier, C.

Mizgala, B. Schultz, M. Finnegan,
L. Dumais, E. Casavant, J. Neal.



### Secondary IIIA

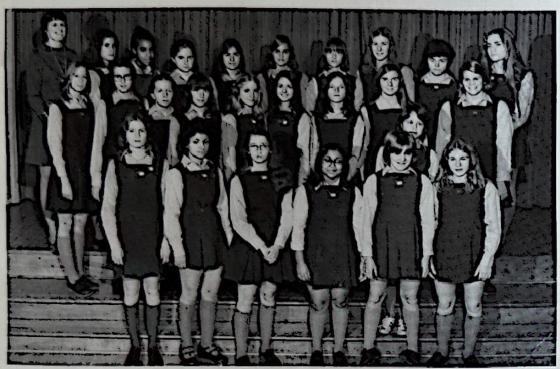


TOP ROW, Left to Right: P. Lynch, H. Langevin, H. Mooney, C. Reid, V. Seixas, B. McNally, Angie Hamilton, M. Martin, S. Zilahi, Anne Hamilton. MIDDLE ROW: L. MacDonald, C. LeGrove, S. Tseretzoulias, C. Bookless, D. Merkis, C. Baril, S. O'Farrell, J. Asswad, S. Medwick. BOTTOM ROW: L. Campbell, J. MacKinnon, D. Wolf, N. Ozkan, A. Ledden, J. Ashby, D. Vanier.





### Secondary IIIB



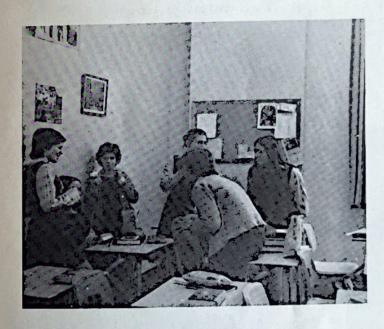
TOP ROW, Left to Right: J. Prescesky, M. Stennett, S. Brimo, F. Bagdoo, S. Kayem, M. LeBlanc, A. Skorzewska, B. Membride, L. Turner, SECOND ROW: A. Schweykowsky, A-M. Rémillard, K. Kennedy, S. Nucci, D. Fagan, D. Pellan, S. Ford, P. Reynolds, L. Kirkpatrick.
THIRD ROW: M. Morson.
BOTTOM ROW: S. Cooney, M. Rizzuto, K. Fitzgerald, J. Purkayastha, M-A. Clermont, M. Bonardelli.



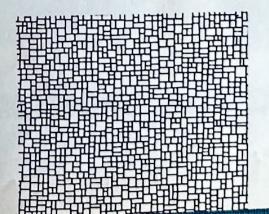


### Secondary IIIC





TOP ROW, Left to Right: M. Mac-Auley, L. DeBarbieri, N. Wallace, J. Chase-Dunn, L. Sokalski. SECOND ROW: M. Almond, J. Donolo, L. Demers, J. Polud, J. Scates, D. Marcoux, C. Tinmouth, S. Fisch. THIRD ROW: M. Nadeau, J. Beaudoin, M. Montross, D. Cuthbertson, C. Rossy, L. Johnson, V. Sergianidis. BOTTOM ROW: N. Lapointe, E. Sequeira, D. Vincelli, R. Delaronde, S. Roman, S. Hall.





### Secondary IIA

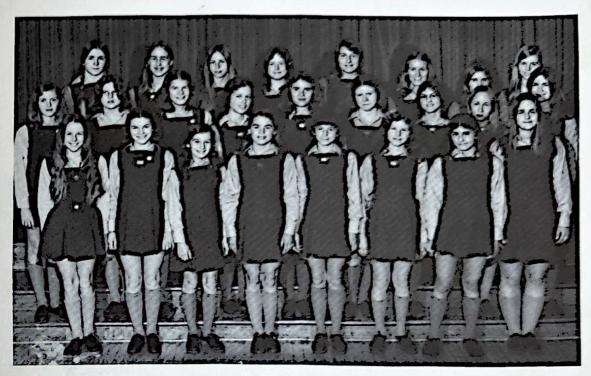


TOP ROW, Left to Right: E. Onoda, C. Bagdoo, F-A. Turgeon, C. Alepin, L. Roy, A.M. Hébert, S. Kearns, R. Vaupshas, M. Larocque.
MIDDLE ROW: L. Duggan, B. Karwowski, J. Tyler, T. Goodleaf, J. Klucinskas, M. Semeniuk, L. Carrier, K. Gagnon, S. Paquin.
BOTTOM ROW: J. Klodniski, A. Mulherin, A. Rouleau, L. Campbell, ABSENT: I. Pivnicki.





## Secondary IIB



TOP ROW, Left to Right: J. Thompson, N. Locas, F. Peterson, T. Madigan, K. Wilson, H. Hamel, G. Casey, M. Rourke.
MIDDLE ROW: E. Boudreau, K. English, R. Cuthbertson, J. Mergler, V. Pompeo, B. Hemens, S. Pettinicchi, A. Medwick, J. Foley.
BOTTOM ROW: A. Letourneau, M. Vaughan, C. Diamond, A. Von Schroeter, D. Fagan, T. Cornish, E. Lutfy, T. Riley
ABSENT: L. Arguin.

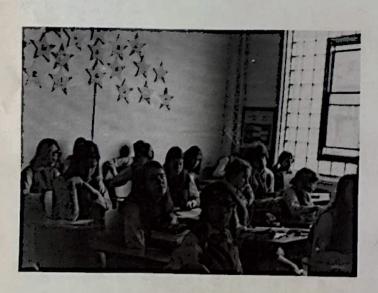




### Secondary IIC



TOP ROW, Left to Right: S. Drummond, P. Lee Poy, E. Stokes.
SECOND ROW: C. Farha, M. Timmins, L. Guilbert, L. MacKinnon, M. Keating, F. Elvidge, L. Tetreault, J. Stennett.
THIRD ROW: M. McGinn, C. Gerber, M. Genest, B. Iredale, S. De Rome, M. Caminiti, M. Rizzuto.
BOTTOM ROW: D.-L. Dagenais, W. Trudel, L. Mizgala, K. Jerabek, A. Ruta, A. Vidulich.
ABSENT: P. Webster.







### Secondary IA

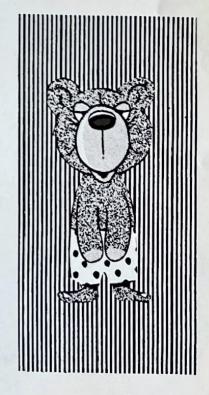


TOP ROW, Left to Right: K. Boivin, R. Rock, E. Prescesky. SECOND ROW: K. Zilahi, M.-J. Gravel, L. Nyeste, B. Cook, N. Senchey, J. Goguen, J. Lockhart, D. Brownrigg.
THIRD ROW: T. Cleary, E. Ketter, I. Moisl, N. Asakura, E. Chandler, M. Cassidy, M. Taylor, S. Fernandez.
BOTTOM ROW: F. Morisset, V. Lauzon, K. Hessel, C. Gerbac, C. Somers, J. Langlais, L. Montour.



Thank Goodness it's Friday!





### Secondary IB

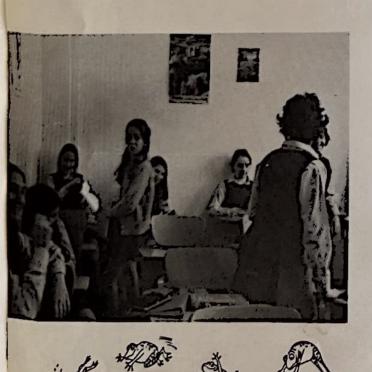


TOP ROW, Left to Right: M. Delisle, F. MacAuley, D. Durocher, E. Botos, M. Bernard, F. Mondor, B. Scullion, M. Thibaudeau.

MIDDLE ROW: C. Vincelli, A. Maioni, S. Plante, J. Ferrier, P. Hobbes, M. L. Purino, D. Ruest, V. G. Harvey.

BOTTOM ROW: A. Goldsmith, J. Waters, F. Diamond, P. Pratt, C. A. Schweykowsky, L. Marciano, P. Murphy.

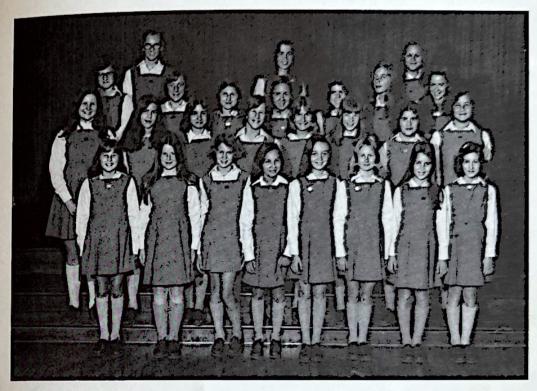
ABSENT: C. Thompson.



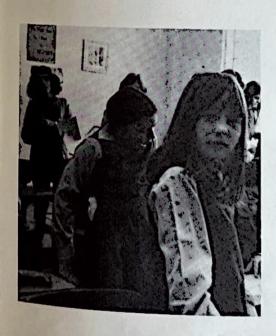




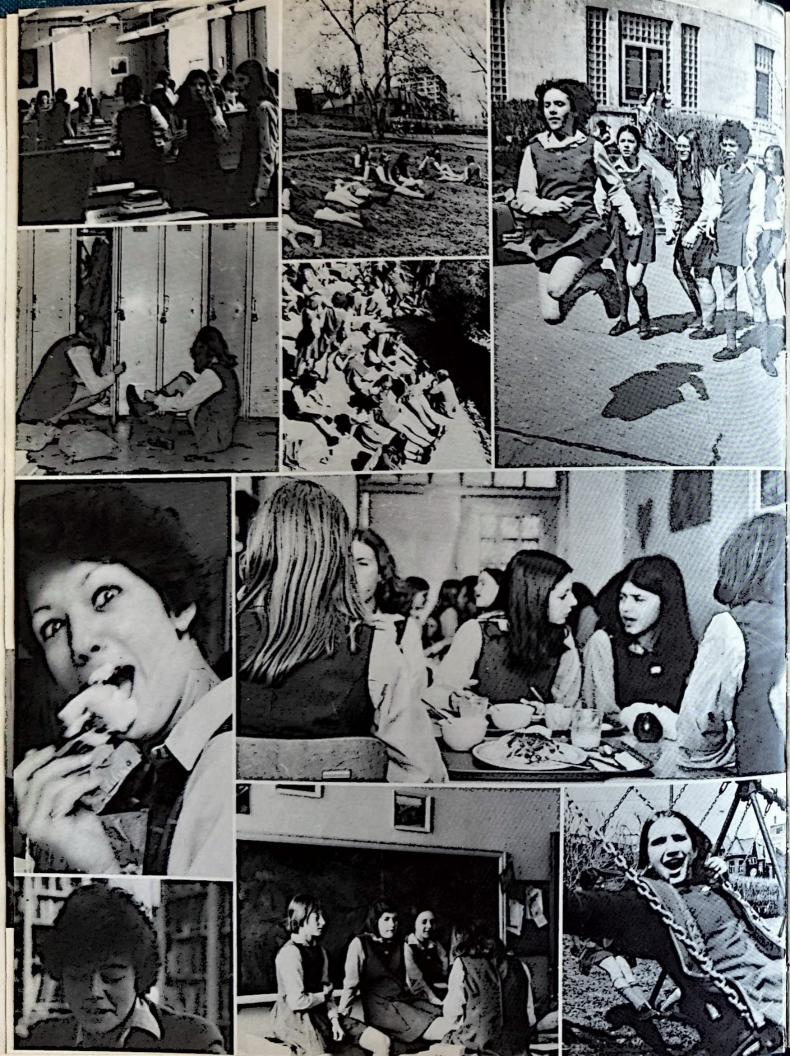
## Secondary IC

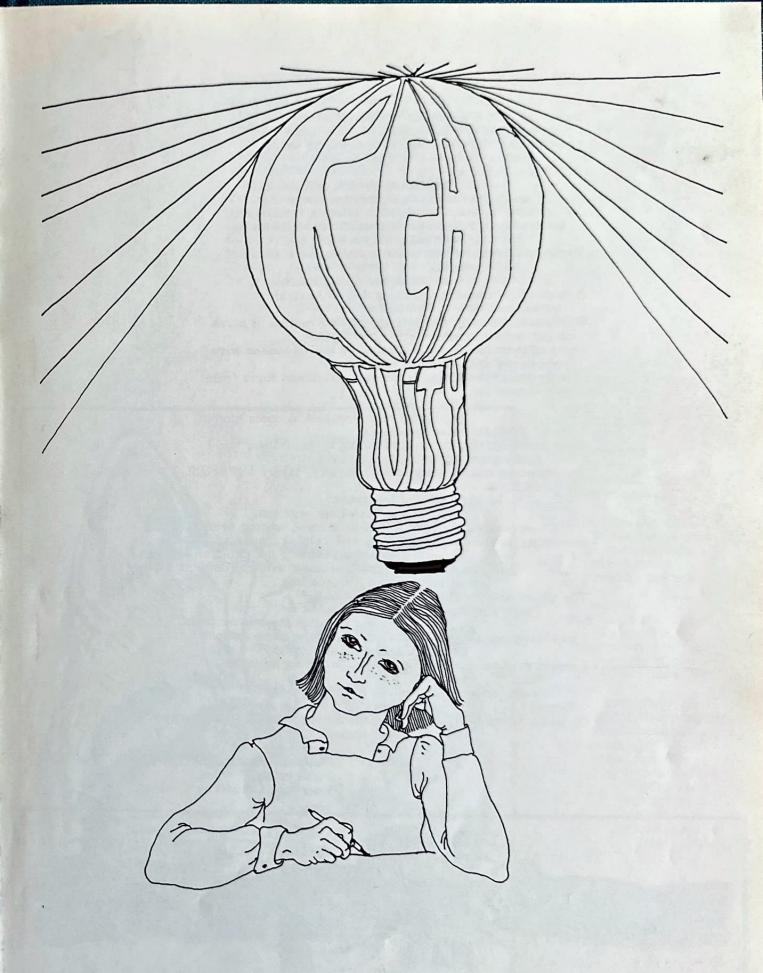


TOP ROW, Left to Right: S. Fulop, N. Lamoureux, K. Valente. SECOND ROW: F. Morson, M. Warren, E. Brimo, A. Bolvari, M. Jodoin, M. Lincoln, L. Spooner. THIRD ROW: D. Enguehard, N. Dufresne, G. Gregoriou, J. -A. Lefko, M. Paquin, M. McLeod, L. Tseretzoulias, C. Caminiti. BOTTOM ROW: K. Murphy J. Karwowski, C. Cuthbertson, K. Hill, M. Rossi, C. Cooke, A. Valiquette, J. Pettinicchi.









I woke up with a warm feeling inside of me.
I got out of bed and looked out of the window.
I saw some little children from down the street dressed in their shorts and rubber boots

squishing around on their new dewy, brown and green front lawns and splashing each other gleefully with the muddy puddle water that would have made terrific snowballs only a week ago.

Their loud laughter and shouting gave me a sense of peace,

and quiet for some reason.

A rush of excitement and fantastic enthusiasm
welled up in me. I smiled.

The quick, darting, fluttering, gliding motion of birds caught my attention.

Some of them were congregating on the telephone wire above me and I noticed these two little sparrows flying frantically back and forth from the vacant lot

up the road to
their tiny nest perched in some kind of
tree. It wasn't a maple tree.
They were all singing and whistling to each other and I

got caught up in their musical activity.

The morning sun was high up in the sky, lively and bright.

It poured forth

an old, almost forgotten
but familiar warmth,
occasionally interrupted by a cool, spring breeze.
Becoming aware of loud barking and yelping I averted
my attention back to the children and saw
a neighbour's dog beside himself with excitement

watching the children playing.
The whole area began to get active now:
with people driving to their work or

running to catch the bus or train.

I was watching all this intently when I saw some friends coming up the street.

I waved at them and they shouted something up to me. "What?!", I yelled.

"I said, aren't you coming to school today?!!"
School?.... School!!!!

Oh well, I would have to wait until the weekend to enjoy these first few days of spring.

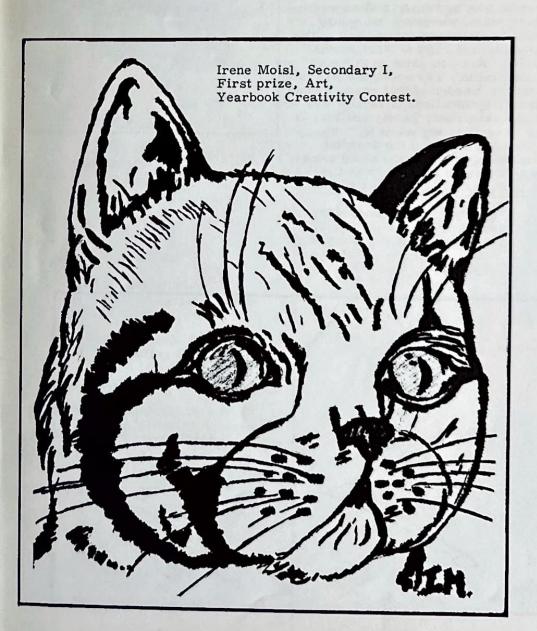
Maureen Thompson. First prize, Prose, Yearbook Creativity Contest.



#### To Shakespeare,

That God had blest me with your talents rare,
That from my pen would flow my innate fire,
That moods and thoughts I could express as fair,
Such is my prayer, the nomad's parched desire.
That I could subt'ly make the hardened cry,
The frightened laugh, O would that gift be mine!
A song to deaf, a picture to blind eyes.
That I possess a blessing thus divine
The flowers fair, the pleasure it doth bring
Doth wilt, if every field doth it own,
Doth tarnish sunlight of a golden ring
If Fortune'd to all men her riches sown.
Though I possesseth not such gifts as thine,
Yet whilst I live, I shall make use of mine.

Genevieve Kierans, Secondary V. First prize, Formal Poetry Competition, November 1974.



#### DREAMS

Do my dreams lie hidden in that small painted box wooden and young. cared for and added to over the years the contents rest naked softly while the box hiddenthey are not wrapped in girlish satin ribbon nor are they cherished too often. as a matter of fact- their trappings are meager almost austere... I watch them distantly and contemplate their future and though it is hard to admit...I love them.

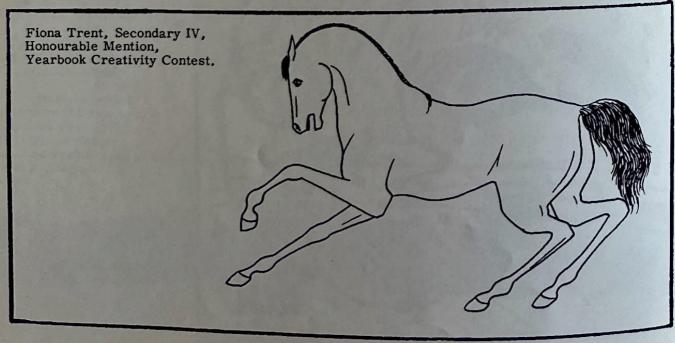
Priscilla Shibata, Sec, V. First prize, Poetry, Yearbook Creativity Contest.

## MISTAKEN SUSPICIONS

Father Joe Brooks's funeral was finally over and done with. It wasn't the fact that Joe was dead that mattered as much as the way he died. Joe was murdered by a criminal named Paul Gagnon. Paul had come to Montreal from France only three years before his crime was committed. On January 23, 1968, he lost his job as a gas station attendant. Soon after he went broke and in desperation held up a woman. When she refused to give him her money, he murdered her. The next day, feeling very guilty indeed, he went to the church situated across from the bank. Fortunately for him there was a priest in the confessional whose name was Joseph Brooks. After Paul confessed, he felt much better. On February 7, Paul went back to church because his conscience was bothering him again. Just as he got to the door, he could hear someone talking. murdered at the bank. Joe, know anything about it?" Gagnon left as quickly as he had come. That double-crossing priest! He panicked. On that Friday, February 7, 1968, Paul Gagnon crept out inconspicuously from his apartment and walked to the church. A young priest directed him to Father Brooks's office. Paul stood in front of the door, palms sweating, trembling. He went in and ordered Brooks to stand against the wall. The father's eye fell on the well-sharpened knife in Paul's hand. He got up slowly and whispered, "Are you going to kill me?" No reply. Gagnon began talking rapidly as he took his first stab. "You told what you knew about the murder of that young woman; now you pay the consequences." By now Joseph Brooks was slumped down on the floor. He whispered, barely audibly, didn't tell. I told the officer I knew nothing about it." Those were his last words. Paul suddenly realized the dreadful mistake he had made. He stared in a daze at the blood trickling out of his victim's body. Before he left, he looked at Brooks and said, with tears in his eyes, "God bless you.

> Felicity Morson, Secondary I, Second prize, Yearbook Creativity Contest.

demons hanging in bumptious in my hav noty heavens of manvelous Shure. ours falling off jumbled fragrant pomander of realness tangy pucker sour pust waving my tou in the sun. Priscilla M. Shibata





Teresa Blicharska, Secondary V.

#### HAIKU

Where the sky glistens
The blue white carpet reflects
A lake is sleeping.

Anne Marie Rémillard, Secondary III.

Green vines spreading life A reaching, grasping fullness Must they surrender?

> Mary Martin, Secondary III.

Kate Schissler, Secondary IV, Second Prize, Art, Yearbook creativity Contest.

#### THE UNWELCOME VISITOR

She sat up in bed, her heart beating madly. Somebody was at the window. Horrified, she screamed. The shadow disappeared immediately into the darkness.

A few minutes later, she heard a noise. Someone was inside! She was terrified. The floor squeaked as the footsteps approached. He was right outside the door. She automatically darted across the room and behind a chair. Not one move was made, so as not to reveal herself. Sweat and tears drenched her face; her hands were trembling.

and tears drenched her face; her hands were trembling. He discovered her hiding place and was headed straight in that direction. She panicked, she screamed, she ran. He caught her and grabbed her neck. He squeezed, she choked. She felt dizzy, weak. The feeble body fell to the floor.

It was a dark, eerie night. I was walking home from a party. I unlocked the door to my apartment and walked in. "Ah-h-h-h!" There, lying in the middle of the floor

"Ah-h-h-h!" There, lying in the middle of the floor was my roommate. It was a while before I found myself investigating the dead body of my dearest friend, for I was stunned with grief.

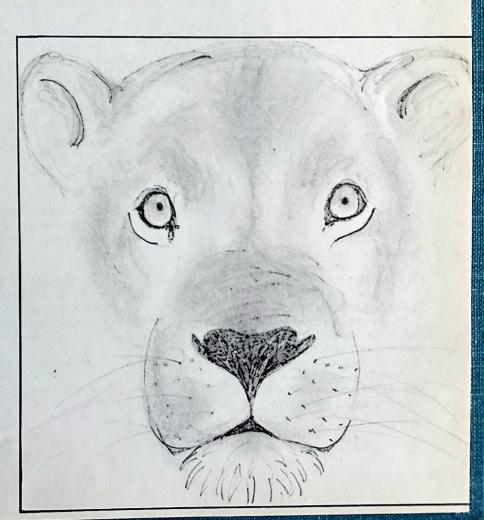
"Oh my God. She...she's dead!" I was hysterical and began to cry. Somebody entered the room, but I was so

upset that I was hardly aware of it.

"Was it the murderer?", I asked myself, "what did he have in his hand?" I could not be sure, the lights were off.
"Ah-h-h-h"

"...bang!"

Liane Mizgala, Secondary II, Second prize, Yearbook Creativity Contest.



#### She Listened

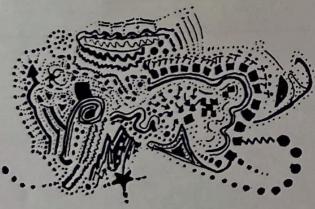
She listened as she walked the grey streets. She listened for a faint twang of Hope, Forgotten in the Long run of Time.

She saw the luminous buildings
Tower above her,
Mocking her.
But she walked on
Looking for a fleeting glimpse of
Love,
Lost
In the memory of old.

She stepped onto a bus And she found What she had been searching for, Only in a different focus.

She saw the bus driver
Chew his gum steadily
Even when the flavour
Drowned.
And she heard the clink of coins
Echo
Throughout her mind.

Antonia Maioni, Secondary I, Third prize, Yearbook Creativity Contest.



The spider spins her web
I mine.

Life claims me
yet who is death to take me away?

The silk threads spun then,
worn, still serve purpose

Yet...the new silk will tell.

Memories captured in time
and memories to gather still.

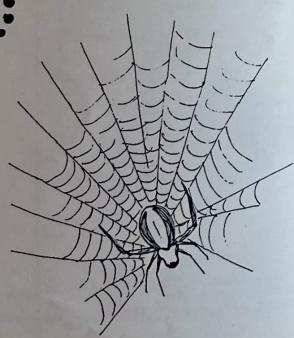
The spider spins her web and I mine.

Evelyne Orel, Secondary V.

#### BROOK

Liquid-silver, shiny, shimmering clear and fresh-alive it freely flows over cracked and once-parched rocks and pebblesit meanders ever-so-slightly down the gentlysloping rocky hills and peacefully passes tiny forget-me-nots freshly-laden with diamond dew drops, and rudely splashes a by-standing bug who scurries swiftly away, indignant, in haughty arrogance, and then it drops down down into great torrential waters to be swept away forever.

Maureen Connolly, Secondary V, Second prize, Yearbook Creativity Contest.



#### WINTER

The tracks in the snow resembled those of a rabbit and the evergreens were covered with snow. Looking at the evergreens at a first glance, you would think they were wearing evening dresses of white silk, and the icicles made the bare trees glitter in the sun like jewels. Should you listen attentively, you could hear the faint whistle of a bird. Suddenly I spotted a big clump of trees. As I went behind them, I saw a frozen pond big enough to skate on. What luck! To me this place seemed ideal. Now my friends and I could skate without anybody disturbing us. What a change from the hustle and bustle of the big city, the continuous honking of the cars and the dirty slush. And when I went to the park, sliding no longer gave me any fun; it was always crowded. The skating rink is so overpopulated that people continually fall over one another. The streets and sidewalks are covered with salt and sand. The trees on the block are getting damaged by the snow removers and the exhaust fumes from the cars have blackened the newly fallen snow. The sky, once so blue in the springtime, is a horrible dull grey, sunlight is nowhere to be seen. The evergreen in front of our house is a very pale green and a midget compared to those in my winter wonderland.

> Petrina Lee Poy, Secondary II, Third prize, Yearbook Creativity Contest.



#### EN MEMOIRE D'ONCLE HENRI-PAUL CARLE,

Toi qui as élevé ta famille dans l'espérance et la tranquilité;

Toi qui as aimé ta femme et tes enfants as su les protéger.

On te croyait heureux et tenace, toujours devoué et affairé,

Mais aujourd'hui le Bon Dieu est venu te chercher pour t'amener vers l'éternité.

La haut tu seras heureux, sachant que tu as accompli ton devoir, et tu pourras être assuré de n'être jamais oublié.

La vie n'est qu'un chemin pavé, qui à un moment doit s'arrêter, Mais, il ne faut pas t'inquieter, car tes enfants sont là pour continuer ce voyage inachevé.

Dis-toi bien que ce n'est pas la fin de la vie que tu as entrepris, un jour mon souhait sera accordé, et tu seras réincarné.

> Lyne Cormier, Secondaire IV.

#### THE STUDENT'S PLIGHT

Poor Scholar how miserable you be,
Carrying many books from class to class.
With tears of pity, I do look at thee.
O wretched, tragic, feeble, suffering lass
You throw yourself upon your daily chair
With what remaining energy you own.
You heave a profound sigh of great despair
And wish again you could leave and go home.
You rest your eyes upon your open book,
You grasp your pen and you are filled with fear,
With beating heart you take a hopeless look,
You close your eyes and shed a single tear.

Lord knows we all must try and do our best, Tomorrow once more brings another test!

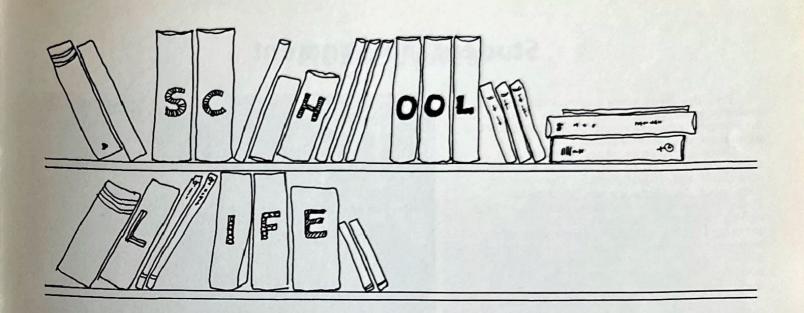
Lyse Dumais, Secondary IV.

PERFECT SACRED HEART GIRL squeaking clean hair bright-eyed no long drooping earrings ear to ear smile no chains house ribbon sewn on arms slightly behind sides no more than 50¢ in pocket bushy tailed cuffs buttoned up no rings or nailpolish one ring body suit for gym socks pulled up feet: one in the

shiny uniform shoes

instep of the other

Maureen Thompson Secondary IV.





## Student Government

For the first time ever, this year's student government consisted not only of an elected student council but the addition

of the appointed Prefects.

During the past year, the student council has tried to perpetuate the system of school spirit builders. They undertook such projects as the Mistresses' Feast, Christmas Wishes, and a variety show, during the course of the three terms. Along with those, they continued to have their daily morning meetings with Mother Johnson, which they found to be both beneficial and stimulating. For their own meetings, the five of them could sit and discuss anything in the Inferno.

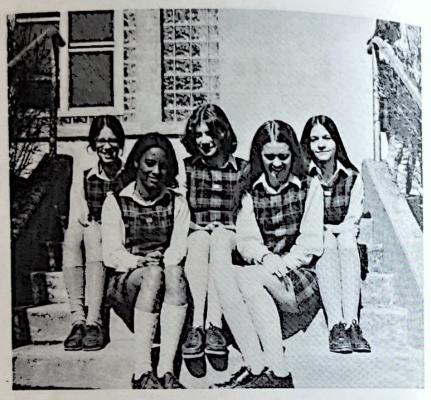
They close the year with great hope that next year's new Prefect System will be as successful or even more so.

The Prefects summarize their year

as follows: Prefects.

Leaders, yellowshirts Ignorant, despondent, jubilant, Griping, assisting, progressing, struggling. Our newness made for painful growth.

Prefects.



OUR STUDENT COUNCIL, TOP ROW, Left to Right: Suzanne Hall, Head of Sub-Council; Teresa Blicharska, President; Karen Potter, Secretary. BOTTOM ROW: Monique McCracken, Treasurer; Sally Cuthbertson, Vice-President.

#### THE PREFECTS

TOP ROW, Left to Right: Monica MacIsaac, Kathy Hill, Gerry Hoffman, Linda McKeown. BOTTOM ROW: Lucy Davis, Susan Johnson, Evelyne Orel.



# House System



HOUSE CAPTAINS, TOP ROW, Left to Right: T. Barnard (St), M. Keefer, (B), J. Boisseau (Sn), S. Leclair (Dy), A. Welsch (dR), G. Grolimond (H), A. DeRome (De), M.J. Milne (T). BOTTOM ROW: A. Landry (St), W. O'Donnell (dR), K. Schissler (Sn), L. MacDonald (Dy), T. Riley (H), J. Neal (De), C. Dobbrow (T).

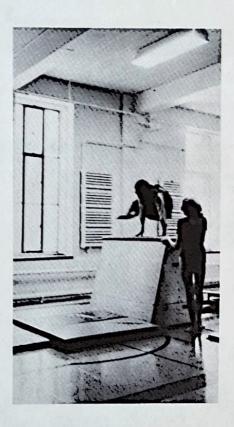


The House System was presented to the student body in a new way this year. Instead of having four houses each of which consisted of approximately eighty-five students, we introduced eight houses (Barat, Digby, Duchesne, DuRousier, Hardey, Sheldon, Stuart, and Trincano) each having about forty-five students who come from all grades. Each house consists of one teacher who acts as a house advisor, two house captains elected last year, now in Secondaries IV and V, and one sub-captain who is now in Secondary III.

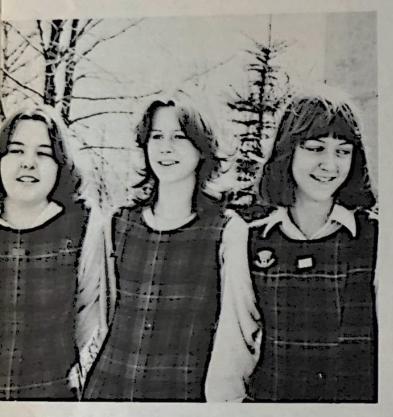
The house system was set up to improve school spirit and encourage more student participation in the various extracurricular activities of the school. Students were encouraged to gain points for their houses by doing anything, from entering literary contests to having their house ribbons sewn on their tunics. Each of the eight houses was also responsible for giving generously to three needy families at Christmas. To raise the necessary money for this, we held bake sales, raffles, shoe shines, and went Christmas carolling.

The dominating house (point-wise) has been Hardey who came first in both tabloids and were the first to do anything to raise money.

All in all, a remarkable increase has been seen in "house pride" this year, and let's hope this trend continues.



## G.A.A.



LEFT TO RIGHT: Kathy Hill, President; Kathy Ochman, Secretary-Treasurer; Linda McKeown, Vice-President.

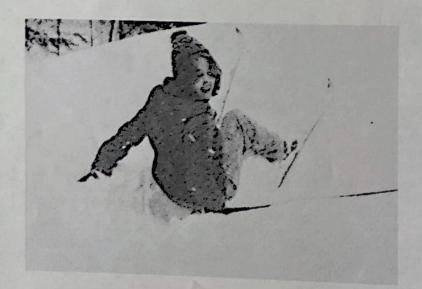
This year's program for the G.A.A. was greatly improved; we were able to expand in the activities for the students. Added to our equipment was new broomball equipment, mats, a new box, a mini trampoline, and new tennis and badminton racquets.

The program this year consisted of three afternoon activities for the entire school. In the fall we held a tabloid which was basically run as the previous tabloids. In March we held the school's first Snow Day. This advancement for the G.A.A. because we, the students, ran it entirely ourselves. Snow Day consisted of approximately ten different activities which the teachers and students entered freely. Among them was the Snow Sculpture Contest. They varied from a baby in a crib to the winning St. Bernard, George. In May we held another tabloid where the whole school once again participated.

As well as these three special events, we continued in our regular noontime activities which ranged from broomball and ringette games to coaching on the gymnastic equipment.



Our aim from the beginning of the year included participation from both the student body and the teachers and this we can proudly say we have achieved. However, it was possible only through Mrs. Watson's continuous support. The G.A.A. would like to express our thanks for having the opportunity to work with her and accomplish all we did.

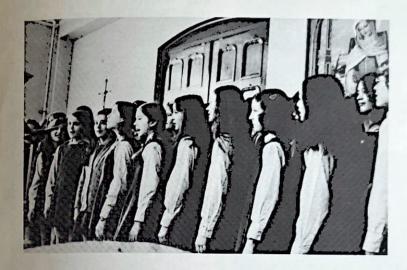




#### Clubs



#### Choral





This year once again, a Choral Club was organized under the direction of Mrs. Gray. Its members were from Secondaries I, II, and III, and have proved to be a devoted group of girls, who really enjoyed making music together'

Early in December, the Choral Club presented a Christmas musical drama entitled "The Choir Girl Who Couldn't Sing". This was performed in the chapel by candlelight and succeeded in giving the

audience a feeling of the true Christmas spirit.

After Christmas, the Choral Club began preparation for the New York State School Music Association Festival/Competition. This was held in April, in Champlain; and after much hard work, the girls arrived back in Montreal with an A+, the highest mark awarded to any of the participating choral groups.

The excitement of their New York success over, the Choral Club began preparation for the Prize

Day Ceremony, and as their last performance, the Graduation Service held in June.



#### Music Appreciation

The Music Appreciaton Club was created by Mrs. Lantos for the purpose of introducing and enjoying different classical music of the ages. Many composers' most celebrated works were presented in a chronological order of musical development. We became acquainted with different musical periods and were able to recognize a few compositions that exemplified each period. The club was held on an informal basis with a 'drop-in' policy. Everyone was welcome to bring her lunch as we met once a week during lunch time. We had approximately twenty regular members with many other visitors. We all had a good time!





Considering that it has been a totally new thing at our school, the Jazz Club has proved to be most successful. Meeting every Tuesday after school for an hour of dancing and exercise, with, of course, all the popular and modern music of today, are thirty girls from all grades. The aim of the club

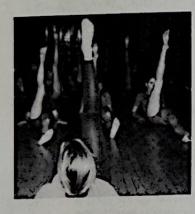
is to promote more recreation in a creative way, and the dancing part of it appealed to many.

Also, through the club was produced a version of the rock opera "Tommy" for the Mistresses' Feast and Variety Show of 1975. Judging from comments, it proved to be overwhelmingly successful.

The wonderful thing about the club is that everyone is so enthusiastic and co-operative ...well, at least they seem happy.













Gym

One of the new extracurricular activities at Sacred Heart this year was the gymnastics club, founded by three new students, Rhonda Delaronde, Elaine Casavant, Marilyn Montross.

Until this year, there were no students attending our school who had a fair enough knowledge of gymnastics to be able to instruct those willing in this rigorous and demanding sport, which includes balance beam work, floor exercises and various other gymnastic techniques.

Although the club is just in its infancy, I'm sure all of our members will agree that it has been a rewarding and enjoyable experience and we are hoping to continue next year.



# OUL

#### French



Tous les mardis, celles qui désirent parler français se réunissent après le dîner pour bricoler, jouer aux differents jeux de société ("Monopoly", "Probe", "Carrière", "Milles Bornes", "Grands Maîtres", bridge etcetera...) lire des revues françaises.

Notre petite salle vient d'être aménagée, nous avons un beau sofa



et même de la moquette.

Les "jours de français", ces dernières années, sont devenus part d'une longue series de traditions, surtout depuis l'accentuation récente et assez forte sur la langue maternelle des Québécois. Plusieurs, au début, se sentait justement gênés a cause de certaines limites vocabulaires et les accents prononcés. Malgré tout, avec l'encouragement des professeurs et la musique française contemporaine jouée tous les mercredis au dîner par Christine Geoffrion, nous avons tous profité de grand progrès.



#### Spanish

#### LA FIESTA ESPAÑOLA

El 23 de abril las clases de español organizaron una Fiesta Española a la cual invitaron las escuelas de Loyola y Trafalgar. Las chicas habián preparado todas clases comestibles y habián

puesto cosas de varios países de habla española alrededor de la

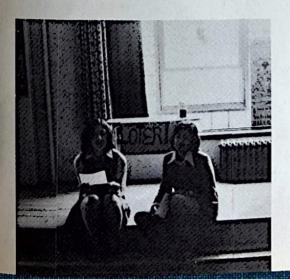
Sala de Recepcion.

Sylvie Gravel y un amigo bailaron "La Bamba" y el "Jarabe Tapatio" y hubo una película Llamada 'Toros y Fiestas".

El dinero obtenido sirvió para, ayudar a la educación de un niño

pobre de Venezuela.











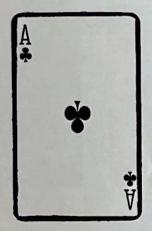
## Bridge

A tense and electrified atmosphere encompasses the smoke-ladened room. The score is the closest ever. Catrina and Mrs. Kotrly 800- Anne and Trudy 500! Beads of perspiration gather on Trudy's forehead as she calls a demand bid, 'One no trump!'

And so begins a typical game during Bridge Club. We have, during the year, learnt a very peculiar vocabulary which includes: demand bids, no trump, tricks, and the one that amused us all: dummy! It may be noted that the entire club agrees that Anne is the best dummy!

Our weekly meetings are charged with lively or even boisterous conversation and witticisms and of course, strict training from Mrs. Kotrly. Occasionally we have made blunders such as the time Lucy bid hearts when all she had was the ace! But on the whole, we seem to be improving at a great pace, mostly due to Mrs. Kotrly's infinite patience, and the Bridge Club thanks her for it.

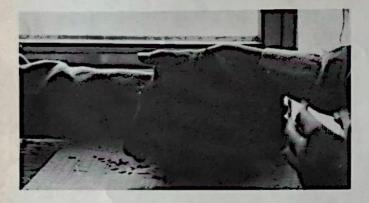




## क्षिक्षक्षक्षक



## Biology





The Biology Club was formed to help students learn about various pets

and to give them an appreciation of life.

At the beginning of the year, we bought 3 mice, 2 hamsters, 2 gerbils, 4 guinea pigs, 3 turtles, 2 newts, a snake and some odd fish. We ended up with 18 mice, around 20 gerbils, 2 hamsters (not the same ones), 3 guinea pigs and 3 turtles. Unfortunately we had an overpopulation problem and had to give away two thirds of the animals.

It is a great experience when your pet has babies. It is an exciting moment when the babies first start getting fur, when their eyes open,

and when they start eating and drinking on their own.

The Biology Club would like to thank Miss LaRocque for all her help and advice during the year.

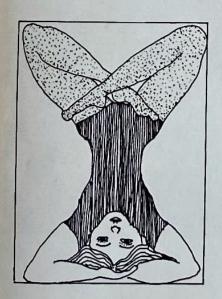








#### Yoga



After more fits than starts the Yoga Club fizzled out somewhere in mid-November - basically for want of a suitable room that would be permanently available. Doing head-stands, cobras, and ploughs on the bare linoleum floor of Tabu is not to be recommended unless one wants to achieve perfect bliss with slipped discs. Just the same, those who attempted thank Miss M. Joy very much for all her efforts.



## **Boarders**





Boarding life was improved greatly this year due to certain renovations on the fifth floor, such as the building of two new lounges, one for Secondary V only, and the other in the Sacred Heart dormitory for the Secondary I's who live there. On the whole, the schedule and rules were not as rigid as last year and generally a more relaxed atmosphere prevailed.

There are certain fringe benefits to being a boarder, which Susan and Betty demonstrate (above), when it is possible to take advantage of those special meetings and parties to fill ourselves up "on the house".

Nothing special happened in the boarding school that didn't happen to the rest of the school except for the Haunted House and Halloween Party which came to us courtesy of the Secondary V boarders. Pictured on the lower right (pg. 53), is what they looked like before it all started. They progressively intensified their roles, producing a mad house of Vincent Prices, and the total effect was enough to make anyone believe in the true spirit of Halloween.

Boarding is an experience that cannot be put into words on a yearbook page. It has its ups and downs, and our sincere thanks and love go to Mrs. Grimes (right) who made the medicine of living at school much easier to swallow.







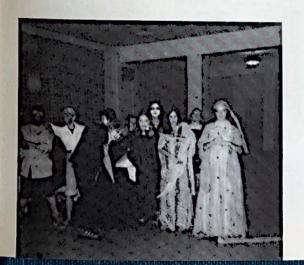






















# **Extracurricular Activities**



As we entered Room 20, Mr. Muir was standing by the front board trying to call class to order, Everyone was excited since this was our first lesson. But by the end of the two hours, everyone was bored silly and we still had 23 hours of classroom instruction left. Yet we all combatted yawns and sleepiness as we made it through the classroom portion. Our morale picked up as we entered the "in the car phase", but for many this morale was let down as the hassle to get driving appointments grew and the Muir Driving School's efficiency decreased. When the course finally finished, 21 new drivers were released onto Quebec highways to learn how to really drive, that is, alongside the notorious Quebec drivers. Hopefully, we'll all keep our licenses.



Since most of Secondary III missed the Drama class of last year, we looked for a substitute. So, we asked Ms. Jill Frappier to give us a drama course. Since we were short of time, we could not put on a production to display our new talents. Instead we did many exercises in imagination and creativity. We also did many improvised sketches in groups.

This was an experience for all of us because not only did we develop our imaginations, but we had the thrill of work-

ing with an actress.



Swimming was held this year at the YWCA in 2 sessions. The first was from October to December for Secondaries III to V. 10 girls passed out of the 24 participants, these were L. Dumais and P. Lynch in Bronze Medallion; M. Bonardelli, S. O'Farrell, and L. Spenard in Senior; H. Haimerl in Intermediate; and R. Delaronde in Junior. In the second session, held from January to April for the I's and II's, 11 girls passed out of 48 participants. These were M. Caminiti, V. Harvey, J. Karwowski, and M. Bernard in Junior; E. Boudreau, C. Cooke, J. Klodniski, C. Vincelli, T. Goodleaf, and C. Thompson in Intermediate; and J. Foley in Senior.

We'd like to thank Mrs. Watson and the instructors at the YWCA for making it all possible.



# SPECIALS



# October 8th. A Day of Outings



#### **Beauharnois**

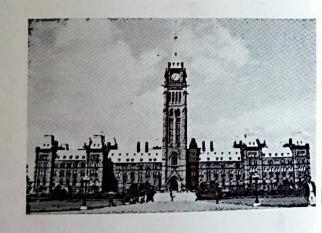
Secondaries IV and V had an interesting outing to Beauharnois, a huge power dam located where Lake St. Louis meets the St. Lawrence River, west of the island of Montreal. We divided into three groups, each guided by employees of the dam. The

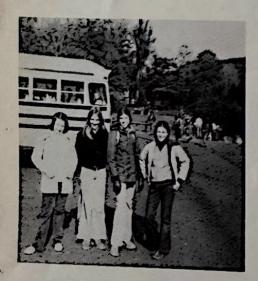
tour included a film and close-up viewing of how this huge dam operates. After eating lunch in the buses, we drove to the locks, through which ships must pass in order to travel the rapids. We all watched as a Dutch cargo ship went through the long procedure of going through the locks. But since this ship was equipped with such interesting specimens commonly known as guys, we didn't mind waiting, did we?



#### Ottawa

The Secondary I's and III's travelled the farthest distance-they went to Ottawa. The bus trip was probably one of the great highlights mainly because of the immense satisfaction the world's greatest producers of cacophonous sounds derived from themselves. The two grades did, however, enjoy, as a sideline, a visit to the Parliament Buildings as well as the Tower. According to one spokeswoman, the lunch which consisted of squashed hamburgers and cold soup was not wholly satisfying to a group of "starving" youngsters. Nevertheless, the main thing is that everyone enjoyed her-selves.





#### Mont St-Hilaire

The Secondary II students spent this day at Mont St. Hilaire at the Gault estate. The Gault estate was donated to McGill University by Sir Hamilton Gault to carry out biological experiments and to preserve its natural surroundings. Its 45 acres of forest include a wide variety of trees, plants, flowers, and animals. We were divided into groups, each guided by a post-graduate student who explained many interesting facts about the area, even the geological composition of the mountain.

Of course, topping off the day was a picnic on top of the mountain from where everything looked beautiful.



## Feasts, Parties and Picnics



A few of the many Choral Clubbers who presented "The Choir Girl Who Couldn't Sing".



An example of CSH's main source of funds- a Bake Sale!



Secondary I having a great time "sugaring off" at Mont Saint Gregoire.



Sec. II and Prefects at



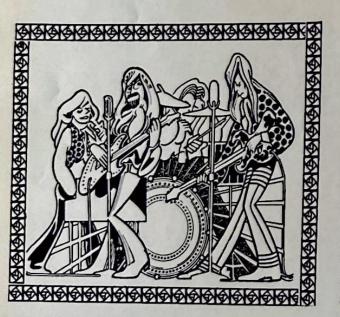
We continued to "eat, drink, and be merry" in high fashion this year, beginning with the Secondary I's picnic with the Prefects at Beaver Lake. Tradition helped us celebrate special days such as the Mistresses' Feast on Valentine's Day. The staff celebrated another "tradition" during the Spring Break, Mother Johnson's during the Spring Break, Mother Johnson's birthday! The best example of a traditional party was the luncheon held for the 7 10-year-olds, and the 4 Cuthbertsons who are fourth generation students at CSH. Secondary IV finished up the year picnicwise on May 14 at lle Sainte Hélène.



#### Dances



This year was a breakthrough year as far as dances are concerned because for the first time in many years, we held a dance for the V's here at SACRED HEART! It was more like a Christmas party as it was semiformal and the boys were all invited, either separately by the girls, or by a certain number of invitations that went to L.C.C. and Stanstead. With taped music, a beautifully decorated Reception Room, punch, sandwiches, and tidbits prepared by the kitchen staff, the "party" was quite a success.



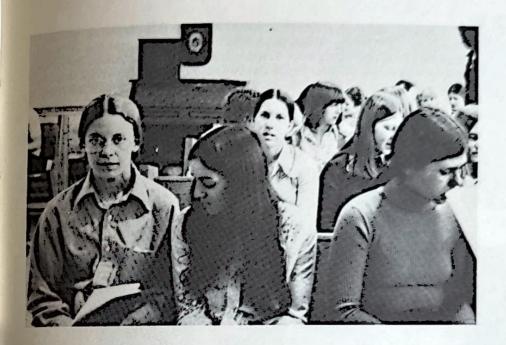


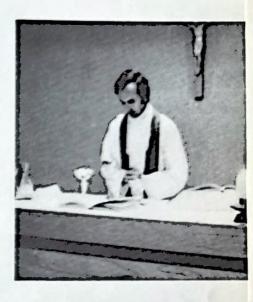


We were also invited to other dances, at L.C.C., Selwyn House, and Stanstead with whom the IV's and V's enjoyed a winter carnival. We were well represented at the Carnival Talent Show, with Karen Potter, Renée Lou Lovell, Elaine Casavant, and Susan Dean dancing to "Hey Big Spender"; and Dianna Ewart, later crowned Carnival Queen (above), singing "The First Time Ever I Saw Your Face" (below). The dance itself went well with much credit going to "The Jack" from Boston.



## The Retreat







In February, most of Secondary V went on a retreat for 3 days accompanied by Miss M. Joy, Father Traynor, Miss Margaret Tedford, who will teach Religion here next year, and Dennis, now training to be a priest.

After an hour's bus ride we arrived at the Jesuit Monastery in St. Jerome, a large building equipped with every imaginable comfort. We began our retreat with an informal mass in the

small chapel (above). The next two days were spent having group discussions, planning the masses, skiing, snowshoeing, listening to albums, and just generally having a very relaxed time. The theme of the retreat was "No man is an island" and the whole retreat was centered around this thought. Monique McCracken presented a slide show and everyone contributed to a large wall collage, both of which illustrated our theme. These 3 days were days of getting to know ourselves and each other a little better, and for this reason it was a success





## **Athletics**



Nearly all the athletics that took place this year were in the form of the two tabloids and Snow Day. All three of these days were quite enough to suit anybody's athletic and energetic appetite (as we all found out on the days after the tabloids when we tried to climb the stairs). Snow Day was the newest form of athletics our school has seen

form of adhetics out for some time. Never before have we had a teachers vs. students tug of war, and never before have the students actually outsmarted (or out-pulled) the teachers!!





When do you get to see such up-and-coming figure skaters as Maureen Thompson (right) perform for free? And if you happen to prefer more ruggedness in sport, the Secondary IV and V broomball games were for you (below). Who could forget the popular three-legged races (above), where not only speed was tested but also our ability to disengage entangled feet! All in all, it was better than the Olympic games with the added bonus that there were no labour difficulties.







## Science Fair

The Science Fair, complemented by an art exhibition, took place in the spring of the school year. The exhibits demonstrated the girls' year-long efforts in their arts and science courses. (Right, Kathy and Monica?)

Almost everyone from all the science classes was

Almost everyone from all the science classes was involved in some way, either in the plays which were presented, or in the construction of the astronomical center. Besides these highlights, there were many

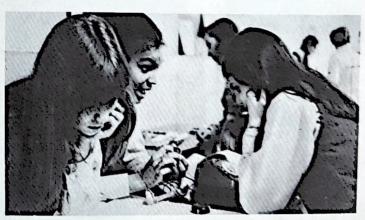














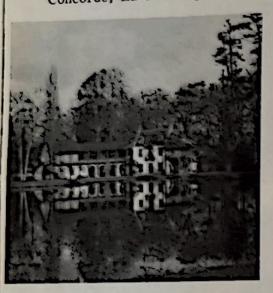
educational displays performed by students like Angie Hamilton (left). Mrs. Church and her classes, ranging from Secondary I to III, held an art exhibit which displayed their fine work in good style.

These two combined proved to be a successful formula and our thanks go to Mrs. Lewis who organized the whole affair.

# Un Voyage En France

18 students were this year fortunate enough to share a visit to France with 15 Leader School students from Saskatchewan. Our visit in Paris began March 15 with a bus tour of the whole city and ended with a ride along the Seine. In between, we visited the major landmarks, namely: Place de la concorde, La Conciergerie, Le Louvre, Le Palais de Versailles, Montmartre, Notre Dame, and Le Concorde, La Conciergerie, Le Louvre, March 21 was the day we left sumptions David Le

Tour Eiffel. March 21 was the day we left sumptuous Paris for the Loire valley where we chose to visit many châteaux and enjoy the beautiful countryside. Three days later, we reboarded the Jumbo Jet, sad to leave the country we had learned to love but also glad to return to our home which we had learned to appreciate.











Ce voyage a bien plu à toutes les étudiantes: "Je préfère la France à tous les autres endroits que j'ai visités."

"A Paris les maisons sont faites à l'ancienne mode avec les pierres grises et les toîts de grosses tuiles rouges, c'est très vieux à l'exception de quelques nouvelles bâtisses, de même que le val de Loire avec ses énormes châteaux du 17 ème siècle."

"Les gens parlaient un peu trop vite pour

"J'ai trouvé intéressant de visiter les châteaux où, il n'y a que quelques siècles, demeuraient les rois de France."

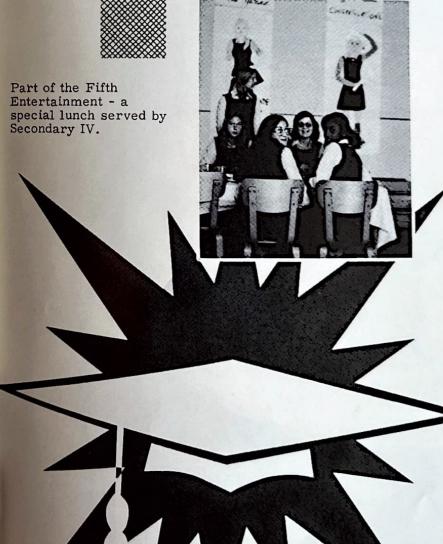
"Je voudrais y retourner dans un avenir très prochain."





## Graduation

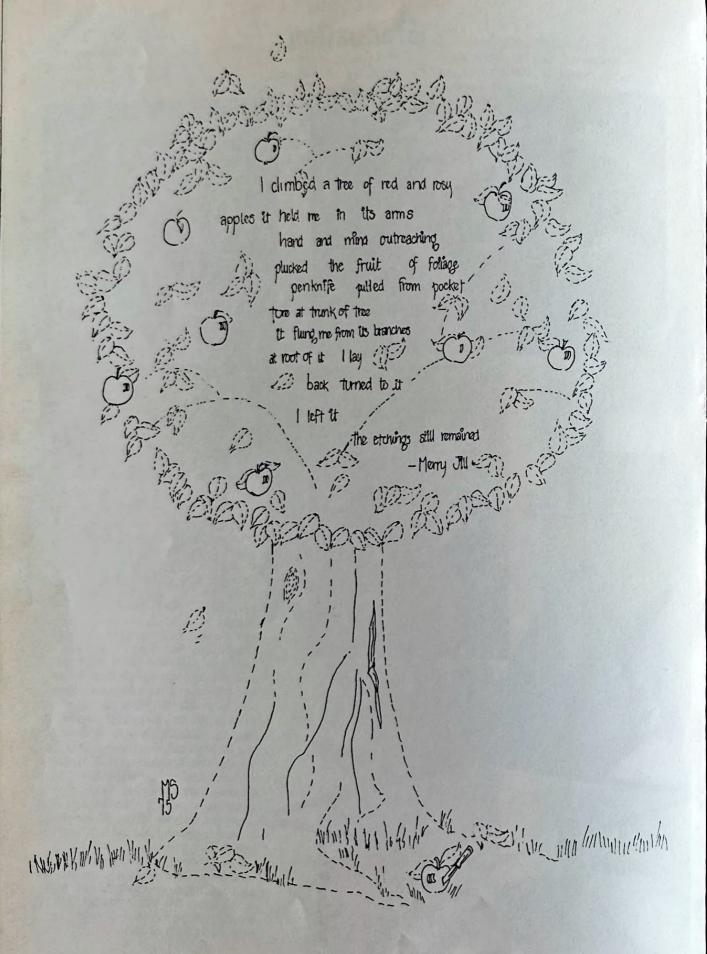


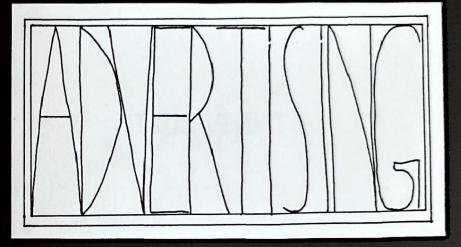




The Graduating Class of 1975, were, like graduates everywhere, treated very well as their last year of high school drew to a close. It began with our terrific Graduation Dance at the Sheraton Mt. Royal which couldn't be called less than a perfect evening, thanks to Mrs. Joan Madigan and her Organizing Committee. The traditional Secondary V Entertainment followed on May 23 and many of us will agree that it was the best any of us can remember, due to an all-out effort by Secondary IV that was much appreciated. The finale was on June 1, the Graduation Ceremony, when we received our rings (finally), and our diplomas. With the Choral Club's singing, our beautiful bouquets, the angel-like caps and gowns, and a sunny sky, it was truly a memorable afternoon.

We, the Graduating Class, would like to wish our successors all the luck in the world, and with much love, we thank you all for sharing those treasured years with us at Sacred Heart.







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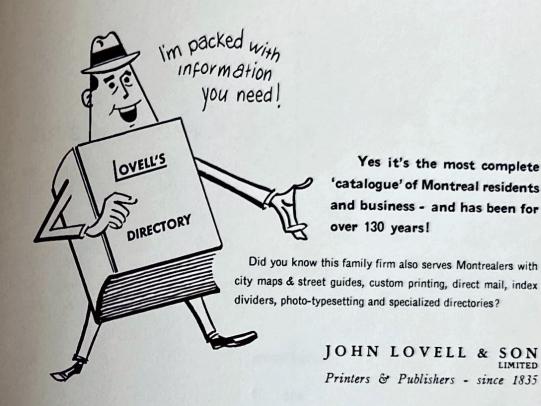
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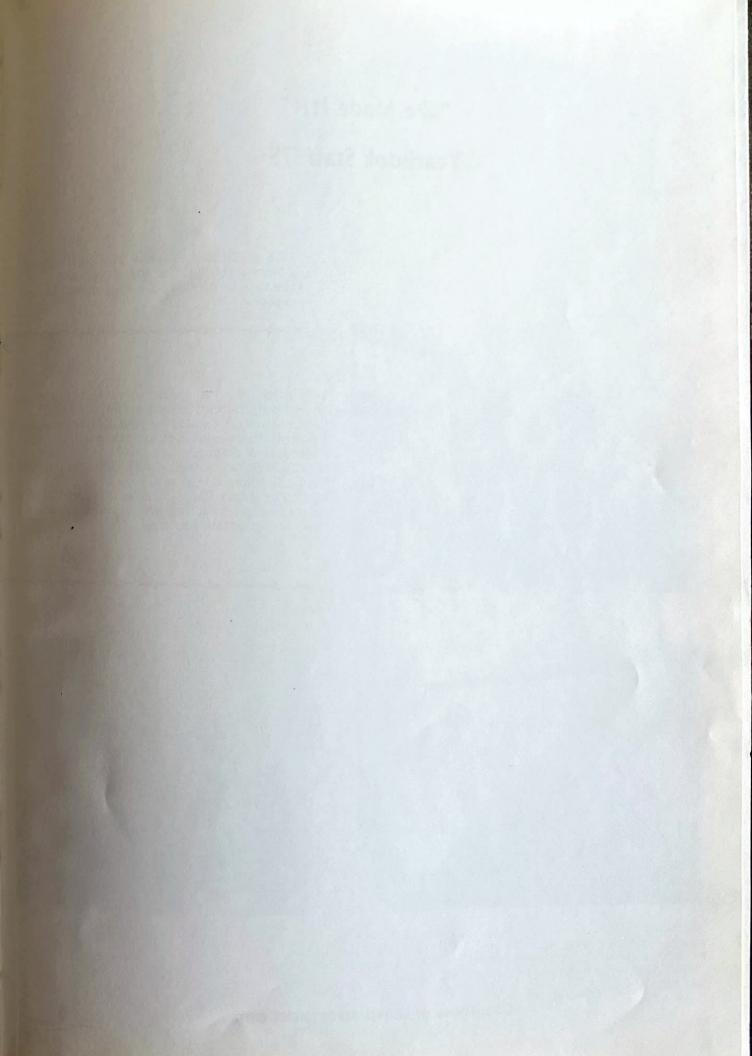
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# "We Made It!!" Yearbook Staff '75



We would like to thank Mrs. Filipovich and Miss Larocque for their help and assistance in producing a bigger and better yearbook.

TOP ROW, Left to Right: Maureen Holloway Advertising Editor; Lise Lareau, Copy Editor; Cindy Mizgala, Layout Editor; Louise Spenard, Promotion Editor; Mary Jill Milne, Photography Editor.

BOTTOM ROW: Karen Kost, Editor-in-Chief Elaine Redler, Co-editor.

ABSENT: Janet Polud, Treasurer; who also did a great job handling the distribution of class and graduate pictures.



"Candid pictures, captions, cropping, correct dimensions, division pages, spreads etc..." "When should we have it done?", "It's impossible!", "When were we SUPPOSED to have it done?" Does it all sound familiar?





